

# You're The One Newsletter

INSPIRATION & ILLUMINATION

Issue 11 Vol 12 December 2016

## In This Issue

What's New With Karen

Mojo Tip

Life Coach Tool

Be Inspired Interview

## Karen Recommends



COMING SOON TO THIS SPACE!

2016 - Mojo Classes  
2016 - Best Year Workshops  
2016 - Webinars  
2016 - New Products  
2016 - 1 on 1 Life Coaching  
And more....

## Quick Links...

[Our Website](#)

[Products](#)

[Services](#)

[More About Us](#)

[Join Our Mailing List!](#)

## What's New With Karen

Welcome to December! During November I was pleasantly surprised as I found myself divinely guided and inspired by "all things French." Magically, following my hunches on each new step, my findings all linked back to their French origins. It was quite startling, over and over again, being drawn to new discoveries of fabrics, lace, scents, candles, jewellery, people, icons & saints; all French. Rather than question it, I chose to follow these "divine" hunches leading towards deep soul satisfaction. With the beautiful and sacred time of Xmas upon us, it's a perfect message for my December newsletter. May you allow yourself to experience the magic as you follow what inspires your heart & soul. Let go of 2016's challenges, your daily agenda, & overthinking and choose to indulge in the beauty, and flow of life. May you and your loved ones enjoy a safe, happy Christmas as you follow your divinity to the end of the year. Blessings. Love Karen XXX

## Mojo Tip: Seek Divine Intervention!



St Therese of Lisieux, French Roman Catholic Carmelite Nun

The 12th step on your magical Mojo mindset for 2016 is to simply ask & seek divine intervention. People with Mojo have a deep spirituality residing within them, guiding their path, their steps, their lives, their purpose and their truth. Often they too, have experienced turbulence and moments of darkness in their lives which led to a spiritual intervention. These Mojo Role models discovered (after their own failing endeavours at self control) their turning point, their moment of blessing, and grace where they were renewed. My perfect example & role model this month is the French Roman Catholic Carmelite Nun, St Therese (of Lisieux), known throughout the world as the Patron Saint of Florists and Gardens. St Therese is a highly influential model of sanctity known for the "simplicity and practicality of her approach to the spiritual life" (*together with St Francis of Assisi, she is said to be one of the most popular saints in the history of the Roman Catholic Church with the Basilica of Lisieux being the 2nd largest pilgrimage in France, after Lourdes*). For some background, St Therese, was born to a lace-maker, Mother and a jeweller, Father, into a family of 9 children, with only 5 remaining girls (after the death of 4 siblings). She died young, aged 24, on her deathbed stating: "I only love

simplicity. I have a horror of pretence." Reading over her life, I was inspired both by her love of simplicity and her deep faith, in which she overcame her earlier childhood struggles. She experienced both ill health, heightened sensitivity, deep malaise and grief from ages 3-13, triggered by the death of her parents. However, at Christmas night in 1886 she experienced the miracle of an instant profound turning point & conversion providing her with the return of jubilation, & strength she had lost for 10 years. This conversion was the cure for her spirit: *'the cure of simply forgetting oneself.'* Therese stating, *'I felt, in a word, charity enter my heart, the need to forget myself to make others happy - and since this blessed night I was not defeated in any battle, but instead I went from victory to victory and began, so to speak, 'to run a giant's course'.* She is an illuminating role model for anyone who has suffered (loss, heightened sensitivity, bullying, ill health, grief) to never give up, and endure only to find the victory awaiting by pure divine intervention. It is a reminder for each of us that no matter what we are struggling with to stay hopeful because joy, peace and power can come to us at any moment via a divine blessing. As the holy time of Christmas approaches, it is a perfect time for each of us to invite a spiritual intervention in our lives of what we have been battling this year. As we are encouraged, we too, can then extend our encouragement message to others (perhaps using St Therese as our example) to never give up whatever one is facing. You may reflect by lighting a candle, visiting a church, praying privately or seeking out whatever it is that gives your soul spiritual solace, and ask for divine intervention. I remember some years ago I had one of these moments when Part II of my Book of Life opened and life got a whole lot better, and believe me, it was divinely given. My life is not perfect, and I still have my battles, but I felt a renewal of my soul that strengthened and continues to do so. We can take a leaf out of the life of St Therese, her biographer revealing: *"After all, in the past, she had tried to control herself, had tried with all her being and had failed."* Whatever you have been battling in 2016, now is the time, to "let go and let God" and ask for some "divine intervention" and who knows you may just discover, as St Therese did in Christmas of 1886, that your answer, strength, and new beginning are found simply by grace. Love Karen XXX

### **Life Coach Tool: 10 Steps: Welcome Your Guardian Angel**



#### **Communicating with Your Guardian Angels**

It is said that we each have a (perhaps several?) Guardian Angels assigned to us at birth, whom watch out for us and give us clues to help improve our lives. You can get to know your Guardian Angel/s better through this meditation practice below (excerpt by Lisa Maria Rosati, of Goddess Lifestyle Plan):

#### **Step 1: Be in A Receptive, Trusting Open State**

This "openness" is what allows you to feel the love and support your Angels

want to bless you with and trust the process.

**Step 2: Do not Strain or Force Communication**

Understand your angels are close by in the spiritual realm (not far away/difficult to reach) so there is no need to force communication and concentration.

**Step 3: Allow The Flow of Spiritual Energy Into Your Crown Chakra**

Be relaxed, receptive, and allow the flow of spiritual energy into your crown chakra and soon working with spirit will be so natural for you.

**Step 4: Invite Angels Who Offer Guidance, Love & Higher Teachings**

Apply discernment in the spiritual realm: "I now invite in all of my loving wise, guardian angels to be with me now; I am in need of some guidance and assistance."

**Step 5: Hold a Crystal Clear Intention**

The more specific you are when asking for guidance in a particular area of your life, the more that your Angels can assist you - intention is crucial; When you are clear that you want to communicate, Spirit will be automatically aware of it, and will enable them to connect with you more easily and effectively.

**Step 6: There's An Energetic Attunement Between Sender (spirit) and Receiver (you)**

Working with the Angels is a Two-Way Communication process. Only when you are open to this higher guidance, can you perceive it's existence in your life. Allow, Relax & Receive.

**Step 7: Close Your Eyes & Use Your Breath to Flow In & Out**

Gently close your eyes, take a few deep breaths in through your nose and down into your belly. Exhale, stretch, relax. Now take a deep breath in through your nose and fill your lungs completely; hold for several seconds, then breathe out through your mouth (making an audible sighing sound on the out breath), and relax. Do this 3 times. Continue to breathe deeply. And with each round of breath, relax your body even more. Don't force your Breathing; simply allow the natural rhythm of breath to flow in and out of your sacred body vessel.

**Step 8: Reach The Point of Stillness Within The Breath**

Concentrate your attention on the quiet center between the in and out breath; concentrate your attention on the quiet center between the in and out breath. A way is to focus your closed eyes to a space between your brows (3rd eye). Now go deeper into that center point within, spending as much time as you need, calming and centering your mind. *If you get a random thought, simply acknowledge and thank it and refocus your breath.*

**Step 9: Ask For What You Need**

Ask your Angels for whatever you would like assistance with in your life - be specific in your request/s. Ask your Angel/s to show you a sign they have heard your request (be open to any indication of their presence).

**Step10: Thank & Release Your Guides**

Thank them and release them: *"I now release all my loving and wise angels.*

*Thank you for your assistance."*

*Remember to prepare your environment before calling on your Guardian Angel/s. Have a comfortable seat/or place to lie down. Keep a glass of water within reach, dim the lights, lower window blinds and close curtains. Light candles, burn incense, or diffuse essential oils. Include in your space any crystals, sacred objects or pictures that are meaningful to you. Turn off the ringer on your phone; and make sure you will not be disturbed for any length of time you plan to practice. Wear comfortable clothes, little or no jewellery, and remove shoes. May you be divinely inspired.*

### **Be Inspired Article: 10 Questions with Tina Conroy!**



#### **Who is The Real Tina?**

I grew up and went to school in Ballarat. After studying Primary teaching I moved to Melbourne to take up my first teaching position. I held teaching and consultative positions throughout the Western Region. Since retiring I have become a Director of a Not for Profit Social Enterprise called KOTO that is based in Vietnam and works with street and disadvantaged young people. It is a perfect example of the power of education to make positive change! I also work part time in a gym.

#### **Which five words best describe you?**

Confident. Caring. Capable. Adventurous. Reflective.

#### **What was your first job and what path have you taken since then?**

First part time job while studying was in retail at Myer. First full time job was teaching Prep class. I continued in the education field for the next 30 years in various roles - teaching, consulting and administration in Australia and overseas.

#### **What's your proudest achievement?**

I don't have one single 'proudest moment' however every year when my students showed how far they have come in their learning and personal development I felt very proud.

#### **What's been your best decision?**

My best decision, career wise, was to take up an International Teaching Fellowship in USA for 12 months. In my private life it was to purchase my first house in Melbourne.

#### **Who inspires you?**

Lots of people inspire me! Especially positive people.

**What are you passionate about?**

I am passionate about education in all its forms. Education can give hope, opportunity and equality to whomever embraces it.

**What's the best lesson you've learnt?**

I think the best lesson I have learnt, so far, is that there is often more than one right way!

**Which person, living or dead, would you most like to meet?**

I would love to meet Barak Obama. He had a difficult and frustrating time as President trying to get Bills through a hostile parliament. But he never lost his positivity and drive to do his best for his country. And some of his speeches were wonderful.

**What dream do you still want to fulfil?**

For many years I have been wanting to go to Cuba. I hope to get there in a couple of years.

**What are you reading?**

"The Good People" by Hannah Kent (really enjoying it).

---

**Daily Hint: Find Ways Daily to Stop The Chatter & Feel the Flow**

Thank you! Your Daily Hint this month is to give your mind some 'downtime' over the coming Christmas Holiday Season and switch off all the chatter, overthinking, busy-ness, and rush. Instead, be illuminated, guided daily, by connecting with your Guardian Angels, Patron Saint; and meditate upon simply 'letting go and letting god' and watch what transpires!!

*I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm so blessed to introduce you to the divine Tina. Tina is one of the 'good people' in life whom I effortlessly liked from our first meeting, and whom I grow in my respect and admiration for. I'm especially inspired by her life story and her devotion to making others' lives better (in Australia and Overseas). Be blessed & discover Tina!*

*May all people from every nation, find power of God's grace.'*

*Lailah Gifty Akita*

*Yours sincerely,*

*karen vella*

*yto owner & founder, performance consultant & life coach (cert iv)*

*yto nlp practitioner (nlp, Time®Line Therapy, Hypnosis, Coaching*

*M:0419570011* |

*E:karen@youretheone.com.au | W:www.youretheone.com.au*

**YOUR  
CHRISTMAS  
MANTRA:**

***'Wish for Others  
What you Wish  
For Yourself.'***

Enjoy yto's Magical Christmas Mantra gift to you. 'We wish for you all the things we wish for ourselves'.

It is simple and yet so powerful. This month wish for others all the blessings you desire for yourself; allow this feeling to flow through you and you will be blessed, for the blessing is in the moment aligning with your highest energy for the highest good!! See the evidence of this blessing around you. You have the power to be blessed and to bless others. Let this be your gift for the season. Blessings from karen at yto:

karen@youretheone.com.au

**Offer Expires: 31 December 2016**

Copyright © You're The One

Disclaimer: The ideas, thoughts, concepts and models (Information) that have been detailed above are those of the person sending you this communication and do not take into consideration your business finances, risk profile, legal and specific needs for your business. You should always seek sound financial and legal advice if you are unsure whether to act upon the Information provided. You agree to assume the entire risk as to your use of this Information. You agree to hold You're The One, its directors, shareholders, employees, agents, representatives and affiliates harmless in any claim or event.

IMPORTANT NOTE: You have received this email because you have subscribed to a past newsletter, readers resources or other communication. If you no longer wish to receive this message, please unsubscribe or change your preferences. (see the links at the bottom of the page). Please don't use the junk mail filter on your mail service as it prevents other subscribers on your USP from receiving their mages - thankyou!